

Hunger in Montana

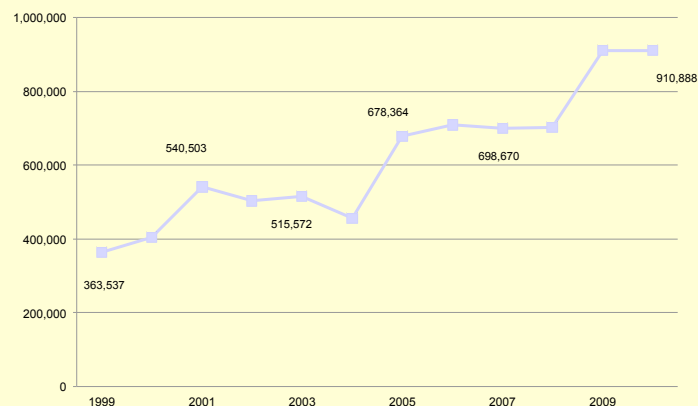
Value of Summer Food Programs in Reducing Child Hunger

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Growing Need for Food in Montana

Chart 1. Comparison of Total Client Visits: 1999-2010



MFBN Hunger Survey 2010

- 397 clients: urban, rural, reservation sites
- 50.9% - HH with children
- 21.7% - HH with seniors
- 33.5% HH with adults only

NOTE: This study is done every other year.

Site locations are repeated at every other study year in order to understand trends in need for emergency food.

Major Findings from 2010 Study

- Almost 80% had monthly incomes ↓ poverty level
- 39% - 51% had to chose between paying for food or for fuel, utilities, rent, medical
- Low wages, fixed incomes, utility costs, other unavoidable expenses → little or no money left for food.
- Many enrolled in public food assistance but several who were eligible did not.

Households with children

- 50.9% of HH surveyed had children
- > 80% of them were living in poverty
- > 47% of these living below 50% of poverty
- 48% of adults in these families skipped meals
- 59% of families receiving emergency food for more than one year

School Nutrition Programs

- Among Households with children, participation was higher in School Breakfast and Lunch programs from previous years.
- 89% of children receiving NSLP.
- 74% of children receiving NSBP.
- Only 24% receiving SFSP

SFSP Participation in Survey

Main reasons why SFSP participation was lower:

- 53% did not know about the program
- Other reasons:
- preferred to feed their kids at home
- transportation to program site was a problem for them
- there was no program in their town

Hardest time of year for families with children

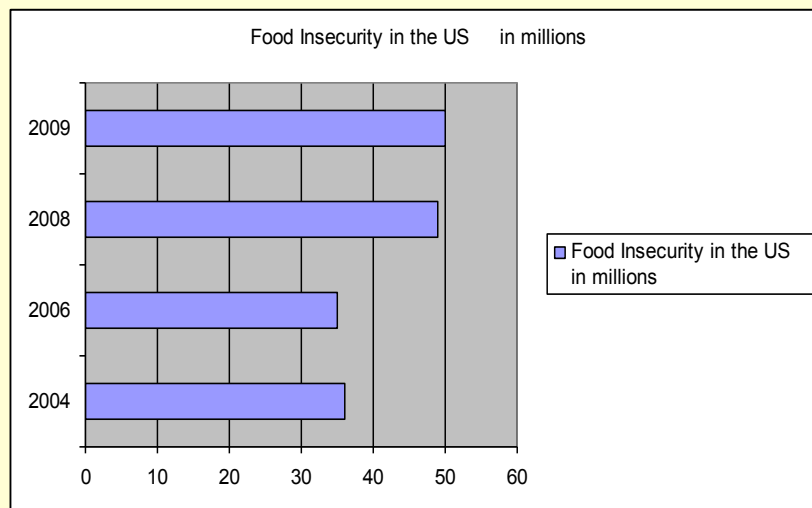
- All times of the year are difficult.
- Summer is especially difficult
- Kids home from school, no NSLP or NSBP, parents try to fill the food gap, many don't have a summer food site.
- Child care costs go up in summer for working parents.

“My wife and I have to skip meals so that our daughter can eat. Summers are especially hard because she is not getting the school meals.”

Food Insecurity – what does it mean?

- Food Security: the ability to access nutritionally adequate food consistently and without need for emergency food.
- Food Insecurity: the inability to be food secure, parents skip meals, need for emergency food, lowered nutrition.
- Hunger (Very low food insecurity): most severe form of food insecurity, not enough food for adults or children.

U.S. Food Insecurity 2004-2009

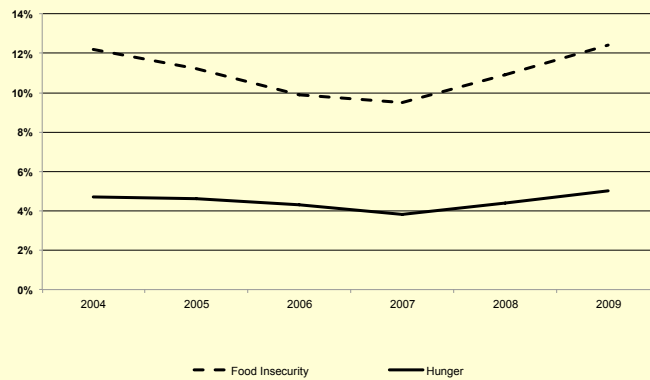


USDA Household Food Security in the US, 2010

Food Insecurity & Hunger in Montana 2004 – 2009

USDA Household Food Security Measures 2009

Chart 2. Montana Household Food Insecurity and
Hunger Trends



Child Hunger in Montana



Real People, Real Lives

- *“We get public food assistance, plus come every month to the food bank. Sometime our kids skip meals, we skip them daily. When we get groceries, the kids sneak in and eat everything up in a day or two.”*
- *“The children think we are camping, but we’ve been homeless in our tiny camper for more than a month.”*
- *“This summer I had to choose between a gallon of gas or a gallon of milk.” Grandmother raising three grandchildren on her own.*

Poverty in Montana - 2009

Total Population in 2009: 946,333

Poverty in Montana – total population
at 100% of poverty

- 2008: 14.8%, 2009: 15.1%

143,028 people

Child Poverty in Montana:

- 2008: 20.6%, 2009: 21.4%

46,398 children

THE POVERTY-HUNGER CONNECTION

- Number of children below 18: 219,828*

Over one in 5 Montana children live in poverty

USDA Food Security Studies show that families are not food secure until their income reaches 185% of poverty or higher**.

- **42.7% or 92,578** children are at 185% of poverty, and at risk of hunger.

* U.S. Census Bureau, 2008 ACS Survey, Compiled by the Montana Department of Commerce

** USDA Household Food Security in the US, 2008

Public, Private Food Needs

*Public program participation**

- 41% or 57,320 school children are eligible for Free & Reduced price school meals
- Of all SNAP recipients, 44.4% are children

Emergency food needs, January to June Comparison:

- 2009: 96,606 children** served.
- 2010: 139,112 children served.

* OPI, Montana

** MFBN data. Includes repeat visits

Child Hunger – A Health Issue

- Physical Health: *Developmental Risks from infancy through childhood.*
 - Deficiency diseases due to malnutrition
 - Early onset of chronic diseases
 - Poor eating habits formed
 - Reduced immune function
 - Cycle of malnutrition/infection/illness
 - Increased hospital stays for infants, toddlers

Overweight & Undernourished

- *The Poverty-Hunger-Obesity Connection*
- > 25% of children 10–17 are OW or obese in MT
- Hunger, obesity often family based
- Energy-dense foods, cheaper, more available than nutrient-dense foods
- Family food resources → feast or famine eating
- Increased risk of chronic diseases
- Physiological, psychological, social consequences

Child Hunger – An Education Issue

1. Learning and Academic Outcomes: Lower math and reading scores, reduced motor and mental skills, grade repetition
2. Behavioral and mental health: social issues, more disciplinary problems
3. Barriers to successful completion of high school years.

NOT READY TO LEARN

– NOT READY TO EARN

Moving From Problems to Solutions



10 Steps to End Child Hunger

1. Provide a breakfast to all school children
2. Provide healthy food at all times for infants, toddlers, school kids
- 3. Expand the reach of SFSP sites and increase participation.**
4. Provide healthy snacks, suppers for after school and child care centers
5. Maximize participation in public food programs

10 Steps to End Child Hunger

6. Increase access to affordable, healthy food, including locally grown food
7. Ensure healthy diets for pregnant women, support for breast feeding.
8. Improve adequacy of donations of good food to food banks
9. Offer nutrition education to children and families
10. Improve economic security for working families

Fun In The Sun



Goals for SFSP in Montana

- Increase number of programs in the state
- Increase participation in existing programs.
- Create incentives to ↑ participation with activities, besides food.
- Work with community leaders to help transport children to the program sites.
- Provide summer meals in all MT counties

Summer Programs Benefit Kids

- For many children, summer means going hungry or eating foods high in calories
- Research – children gain more weight in summer than in rest of year.
- Summer programs provide healthy, balanced meals following USDA guidelines
- They keep kids safe, mentally engaged, provide education, activities and fun
- Open sites – not just for low-income kids

Summer Programs Benefit Community

- Boost community's ability to feed hungry children
- Reduce the burden of food cost in summer for low-income families
- Reduce demand for emergency food to local food banks and pantries
- Provide employment to people in the community
- Bring economic benefit to community and the state

FRAC Annual Report 2010



How Are We Doing in MT?

- Number of children in the Free & RP meals is a good indicator of need for SFSP.
- Nationwide participation in the SFSP went down in between 2008 and 2009 – FRAC report
- **Montana was one of the top 5 states that had an increase between 2008 and 2009: 14.6%**
- The other top states were WV, MD, MN, and MS
- Increase in sponsors, sites, access to programs, outreach, working with private agencies.

We Can End Child Hunger

